

Feeding 8-12 month olds

What your baby may be doing now:

At 8-10 months

- ★ Starting to stand
- ★ Beginning to crawl
- ★ Balancing better while sitting
- ★ Guiding caregivers hand during feeding
- ★ Using own hands to feed and hold bottle or cup

At 10-12 months

- ★ Trying to walk and climb stairs
- ★ Pointing with finger
- ★ Waving "bye-bye"
- ★ Wanting to handle spoon

What new foods you can feed:

Protein foods

- ★ Chicken or turkey
- ★ Fish
- ★ Beef
- ★ Cooked dry beans
- ★ Cooked egg yolk

Other

- ★ Plain yogurt
- ★ Rice
- ★ Noodles
- ★ Toast and crackers
- ★ Cheese

Remember to introduce new single ingredient foods one at a time, waiting 3-5 days before offering another new food. This will help you know if your baby has an allergic reaction to certain food.

At 8 months, begin to feed your baby ground or finely minced food, and small pieces of soft foods as finger foods. As your baby gets older, start giving chopped foods and more varied finger foods.

Make mealtime an enjoyable time. Eating with your baby will make her more likely to try new foods. Let your baby have some control; your baby is more likely to eat if he/she is not force fed!



It is important to always wash your baby's hands before eating, now that she is crawling and touching many things!

Sample Meals

Breakfast

Breastmilk or iron-fortified formula
4-6 Tbsp. prepared infant cereal
2-4 Tbsp. fruit

Lunch

Breastmilk or iron-fortified formula
2-4 Tbsp. cooked vegetables
2-4 Tbsp. strained meat

Afternoon Snack

4 ounces of juice in a cup
Piece of toast or bagel

Dinner

Breastmilk or iron-fortified formula
2-4 Tbsp. vegetables
2-4 Tbsp. strained meat
2-4 Tbsp. fruit

Before Bed

Breastmilk or iron-fortified formula
★ 2-4 oz. = 2-4 Tbsp.

Do NOT give your baby these foods. They may cause your baby to choke and/or have an allergic reaction:

★ Nuts ★ Popcorn ★ Raw vegetables ★ Seeds ★ Hot Dogs
★ Grapes ★ Chips ★ Peanut butter ★ Cheese
cubes Egg whites

Finger foods to serve your teething baby:

★ Toast ★ Dry cereal ★ Crackers ★ Frozen bagel
Teething biscuit Frozen whole peeled banana

1-2 weeks before your child's first birthday, you can gradually introduce small amounts of whole cow's milk from a cup.